

Dearest Friends,

Thank you for your emails and support following our last newsletter. It is wonderful being part of a growing community of Truth seekers. Autumn is here. In our part of the world the days are getting shorter, the mornings a little cooler and the greens of summer are being replaced by autumnal fiery reds. Eddie and I are beavering away on our many projects having returned from our travels to Bali and Australia. This will be our final newsletter in this format. From the New Year we will be launching:

What We Can Do... an e-letter for the curious Truth activist... WHAT WE CAN DO -- CAN (Conscious Action Now)

Eddie and I get so many emails and requests asking us, what can I do for... and the questions range from relationship issues, health issues, and financial issues to environmental issues. So we are going to start "What We Can Do... An e-letter for the curious truth activist/seeker"

Each short and concise e-letter will be emailed at random intervals, weekly, monthly or quarterly depending on the flow of inspiration. We will focus on one or more of the four areas below with links to relevant articles.

Responsibility (Dharma) this will include updates on health, nutrition, the environment, and energy medicine.

Wealth (Artha) this will include tips on marketing, websites, practical resources, and news from the business arena.

Desire (Kama) this will focus on personal development, relationships, psychology and culture.

Liberation (Moksha) in this section we will share what is closest to our heart, the pursuit of Truth through Love.

These e-letters will also give us the opportunity to share a bit of news (and gossip), what we are up to, what our friends are up to and how together we are transforming the world...

It's all about moving one step at a time towards harmony (peace) for humanity and aligning with goodness. More in the New Year, in the meantime...

Newsletter Contents

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- Why Use Tapping (EFT) Scripts
- Amazing Health Benefits of Fenugreek
- Reflections: Changing the Way our Thinking "Revolves" around Time
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Happiness, the Hot Topic

In the last 10 years there has been a significant growth in articles, films, clinical studies and research into happiness. I recently read another article that I enjoyed by Eric Barker titled "A neuroscience researcher reveals 4 rituals that will make you a happier person". Here is the link: <http://www.businessinsider.com/a-neuroscience-researcher-reveals-4-rituals-that-will-make-you-a-happier-person-2015-9?IR=T> What made me smile is how many times Eddie and I have said the following....

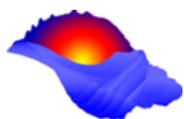
- Ask yourself, "What am I grateful for?" You don't need the answer; you need to ask the question
- State how you feel, pin your emotions down, label them
- Choose!!
- Touch and be touched lovingly

And then I read the article here is the sum up: *Here's what brain research says will make you happy:*

- Ask "What am I grateful for?" No answers? Doesn't matter. Just searching helps.
- Label those negative emotions. Give it a name and your brain isn't so bothered by it.
- Decide. Go for "good enough" instead of "best decision ever made on Earth."
- Hugs, hugs, hugs. Don't text — touch.

Funny that... Moral of the story, don't wait for the scientific evidence... although it is nice to say, "I told ya!!"

Another fun science happiness man is Shawn Achor, his TEDTalk is worth watching http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work His research shows that success doesn't bring happiness — happiness brings success.



Acupuncture Even More Benefits

This is an excerpt from www.wddty.com. It is one of our favourite resources for valuable, clear and good health information. We recommend joining their mailing list.

Acupuncture reduces blood pressure levels for up to six weeks

It's better than drugs: one session of acupuncture can significantly lower blood pressure levels of people who are hypertensive (high blood pressure) for up to six weeks. This suggests that the ancient Chinese therapy can lower the risk of stroke, peripheral artery disease, heart failure and heart attack. Acupuncture has been scientifically proven to reduce blood pressure levels in people with mild to moderate hypertension, say researchers from the Susan Samueli Centre for Integrative Medicine. They tested acupuncture on a group of 66 hypertensive patients who were not taking any anti-hypertensive drugs. Half were given electro-acupuncture—a form of the therapy that uses low-intensity electrical stimulation—on both sides of the inner wrists and below each knee, which are considered the 'right' places, or meridian points, to treat high blood pressure. The other group of 33 patients was given electro-acupuncture at the 'wrong' parts of the body.

Around 70 per cent of those who had been given correct acupuncture experienced a "noticeable" drop in their blood pressure levels, an average of 6 to 8 mmHg fall in their systolic blood pressure level (the high number), and a 4 mmHg reduction in their diastolic reading. There were also reductions in norepinephrine in the blood, a stress hormone that can constrict blood vessels and increase blood pressure and glucose levels.

These improvements persisted for six weeks after the therapy. However, no improvements in blood pressure readings were found in the other group who had been given 'wrong' acupuncture.

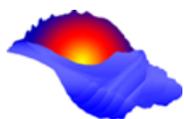
(Source: Medical Acupuncture, 2015; 27: 253)
Maria Went provides Acupuncture in London and Hastings. Her telephone number is: 07877 008 529

Why Use Tapping (EFT) Scripts

We are often asked, why do we use EFT (Tapping) Scripts or Protocols, especially as we know that EFT works best when it is custom designed, using the words that show up in the moment. I answered; because at our core you and I are one, and we tend to resonate with the human condition, human emotions and seek goodness (contentment). You and I may not have the same fears or frustrations but we can appreciate the effect of fear and frustration. Using EFT/Tapping scripts may not resolve all your issues, but it will give you greater understanding, bring issues to the fore and give you the resources that you can use without taking the time out for a session or deep self-reflection. It is a wonderful way to acknowledge that you are not alone, that we change together, and sometimes the words are not as important as we thought, the connections we make with ourselves and each other are important. The process of transformation (healing) is both uniquely individual and wonderfully generic. Every time i return to an EFT Script that i have used, i go wow, who wrote that, it's so spot on!! I have benefited from these scripts many times and love sharing those benefits. I could write a whole dissertation on this area, but I shall restrain myself and point you in the direction of our Emotional Toothbrush Series and some great EFT (Tapping) Scripts that you can download for free.

<http://emotionalhealthcentre.com/audiovideo.html>





AMAZING HEALTH BENEFITS OF FENUGREEK

Recently Eddie and I have had a whole load of emails and calls regarding cholesterol and insulin projects, Fenugreek instantly came to mind.

Every 5 years I write about Fenugreek... so here goes again... YAY for this humble seed!!



In my own life I used it to bring my iron levels up when I was dangerously anemic. In the early 20's my blood sugar was very elevated and I drank fenugreek tea to balance it. Also after my miscarriage I took fenugreek sprouts to help me balance my hormones which were all over the place. Those of you that have high cholesterol, hypertension, or blood sugar imbalances I really recommend checking Fenugreek out. After trying the many ways to take fenugreek I have found the best way to take it is a teaspoon of fenugreek powder in half a glass of water first thing in the morning on an empty stomach.

What is Fenugreek?

Fenugreek (also known as Greek Hay and Fenigreek), is an herb that is commonly found growing in the Mediterranean region of the world. While the seeds and leaves are primarily used as a culinary spice, it is also used to treat a variety of health problems in Egypt, Greece, Italy, and South Asia.

Fenugreek seeds have been found to contain protein, vitamin C, niacin, potassium, and diosgenin (which is a compound that has

properties similar to estrogen). Other active constituents in fenugreek are alkaloids, lysine and L-tryptophan, as well as steroidal saponins (diosgenin, yamogenin, tigogenin, and neotigogenin).

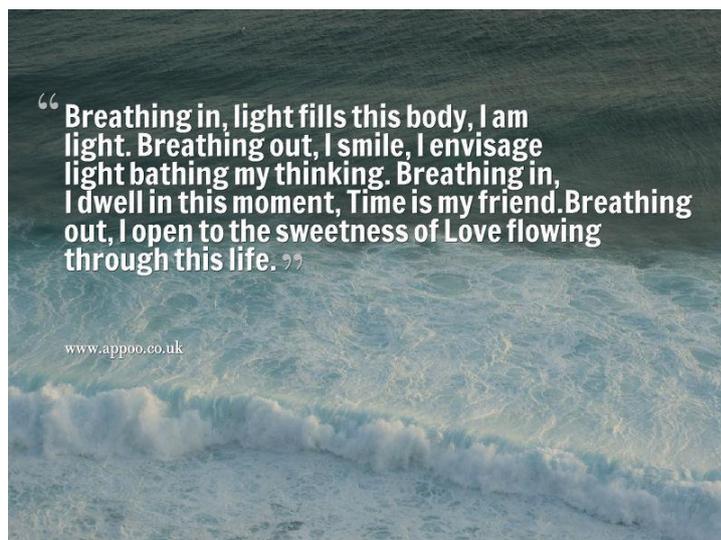
What are the Benefits of Fenugreek?

Due to its estrogen-like properties, fenugreek has been found to help increase libido and lessen the effect of hot flashes and mood fluctuations that are common symptoms of menopause and PMS. In India and China it has also been used to treat arthritis, asthma, bronchitis, improve digestion, maintain a healthy metabolism, increase libido and male potency, cure skin problems (wounds, rashes and boils), treat sore throat, and cure acid reflux. Fenugreek also has a long history of use for the treatment of reproductive disorders, to induce labor, to treat hormonal disorders, to help with breast enlargement, and to reduce menstrual pain. Studies have shown that Fenugreek helps lower blood glucose and cholesterol levels, and may be an effective treatment for both type 1 and 2 diabetes. Fenugreek is also being studied for its cardiovascular benefits.

Definitely worth researching.

Reflections:

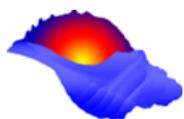
Changing the way our thinking "revolves" around time



“Breathing in, light fills this body, I am light. Breathing out, I smile, I envisage light bathing my thinking. Breathing in, I dwell in this moment, Time is my friend. Breathing out, I open to the sweetness of Love flowing through this life.”

www.appoo.co.uk

Time affects us on so many levels, in the West we have a linear relationship with time; beginning, middle, and end. Many ancient cultures speak of time as parallel or spiralling movements, in which the past, present and



future interconnect through different dimensions and layers of consciousness. In this blog article we focus on how we can meet the many pressures of time with spiritual intelligence and how this intelligence, along with a few LiberatingTouch applications, enable us to understand our relationship with time and so empower us.

For me it became very clear that time is nature's flow, giving us opportunities to stand, walk, dance lie down, sit, do the dishes, study, work, play, eat, dream... we must choose. We have to choose. If the choice arises from our intuition and we trust these messages from the SELF (God) then how we experience time is vastly different from one whose choices emerge from fear.

The big clarity came when I realised that my problem was not with time, but with making choices, I did not want to choose. I wanted to do it all. Once I started making very conscious choices, trusting my choices, trusting my intuition, something magical happened; I experienced God and Time as one....

For the complete blog article with some great LiberatingTouch Applications (only if you have the times ;-)) go to www.appoo.co.uk

Here are two invitations

A few days ago I joined Marisha Horsman's event "Binge SOS", it is for anyone interested in creating healthy, conscious and harmonious eating habits. She is also offering the entire program for only £45. It's going to be over £100 in the New Year.

She writes, *"Discover the enriching joy in living a nourished life, the alchemical wonder of awareness and the radiant delight in getting to know their authentic Self and its unique expression..."*

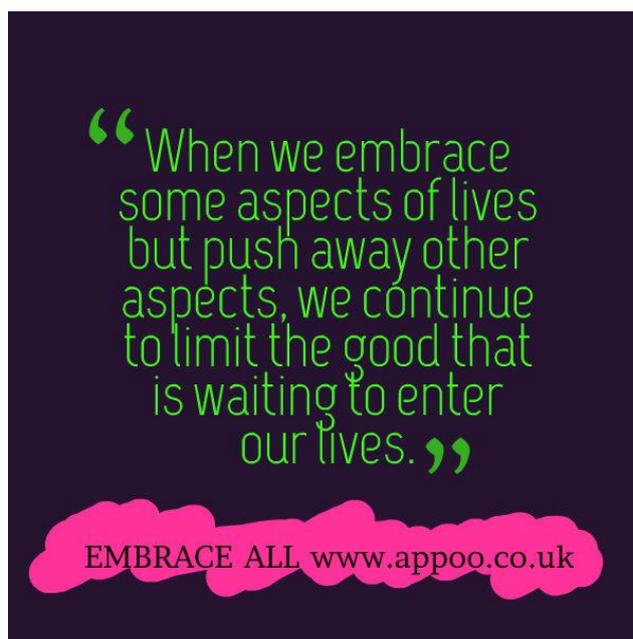
... Eating in Harmony is for women who are tired of the struggle with disharmonised eating. Who wish to be free from the self-loathing, self-judgement and despair that feeling out of control with food engenders. Who are ready for the exciting journey and the gifts of transformation that saying 'yes to healing' brings. It is for those who are willing to do the inner work necessary to free themselves from

all that is keeping them caught in self-defeating and damaging behaviour. For those women, who wish to reconnect with their essential nature, to live a life that is informed and expressed from that most authentic, inspired and loving part of themselves..."

I invite those of you struggling with food projects and body image challenges to join. Here are the links

<http://eatinginharmony.com/bingesos.html>
<http://www.eatinginharmony.com>

The second invitation is Embrace All, everything in your life, the good, the bad and the ugly, and notice what happens? When Eddie and I started doing this, at first there was resistance, somethings were simply not doing it for us, we didn't have the embrace impulse, but we chose to do so anyway...



What happened was beyond anything I could have expected, it not only allowed us to open to what we pushed away in our lives, and find a profound depth of love, but it brought into our lives abundance and goodness beyond imagination.

That's it for now. Hope you found this final Emotional Health Centre newsletter insightful. Gratitude, Love and Joy, R&E